

POSHAN MAAH

Report for the month of January

In continuation of the celebration of 'Rashtriya Poshan Maah' to reach every House Hold with the message of 'POSHAN' from September 2019- January 2020 , Delhi Public School Vasant Kunj conducted the following activities in the month of January :

1. Healthy Food Competition

A Healthy Food competition was conducted on 14th January 2020 for the students of class VIII.

A variety of delectable food items like oats halwa , millet kheer, ragi cookies, multigrain sandwiches were prepared under two food categories: Snacks and Desserts. The challenge was to use unconventional cereals retaining the nutritious value of the food item.

Three prizes were given under each category.



2. Talk on Cleanliness and Healthy Eating Habits

A talk by the school doctor was given on 23rd January'20 to all the students of class I wherein they were made aware about the importance of taking a balanced diet. They were also educated about the need to wash hands especially before and after eating. The children were also given time to ask their queries which were answered by the school doctor.

